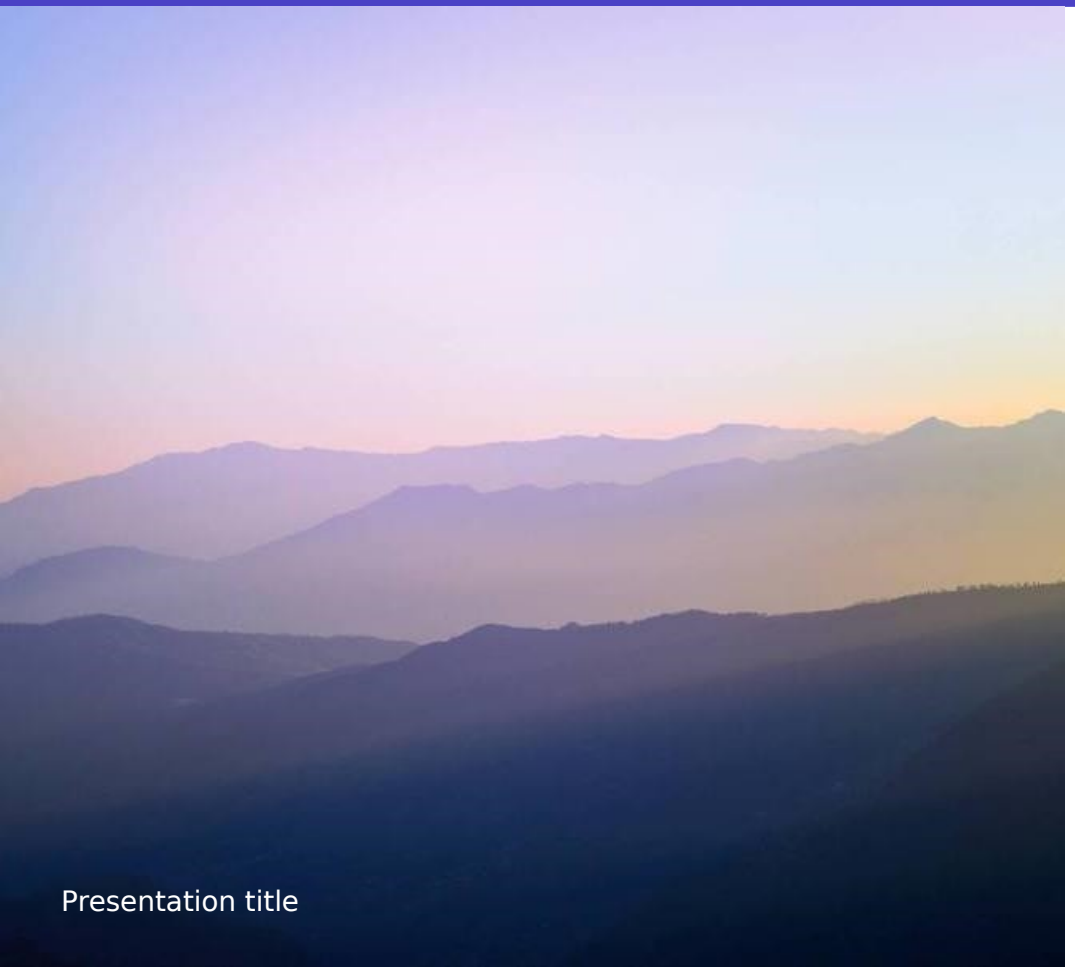
PE 308 Theory and Psychology of Coaching

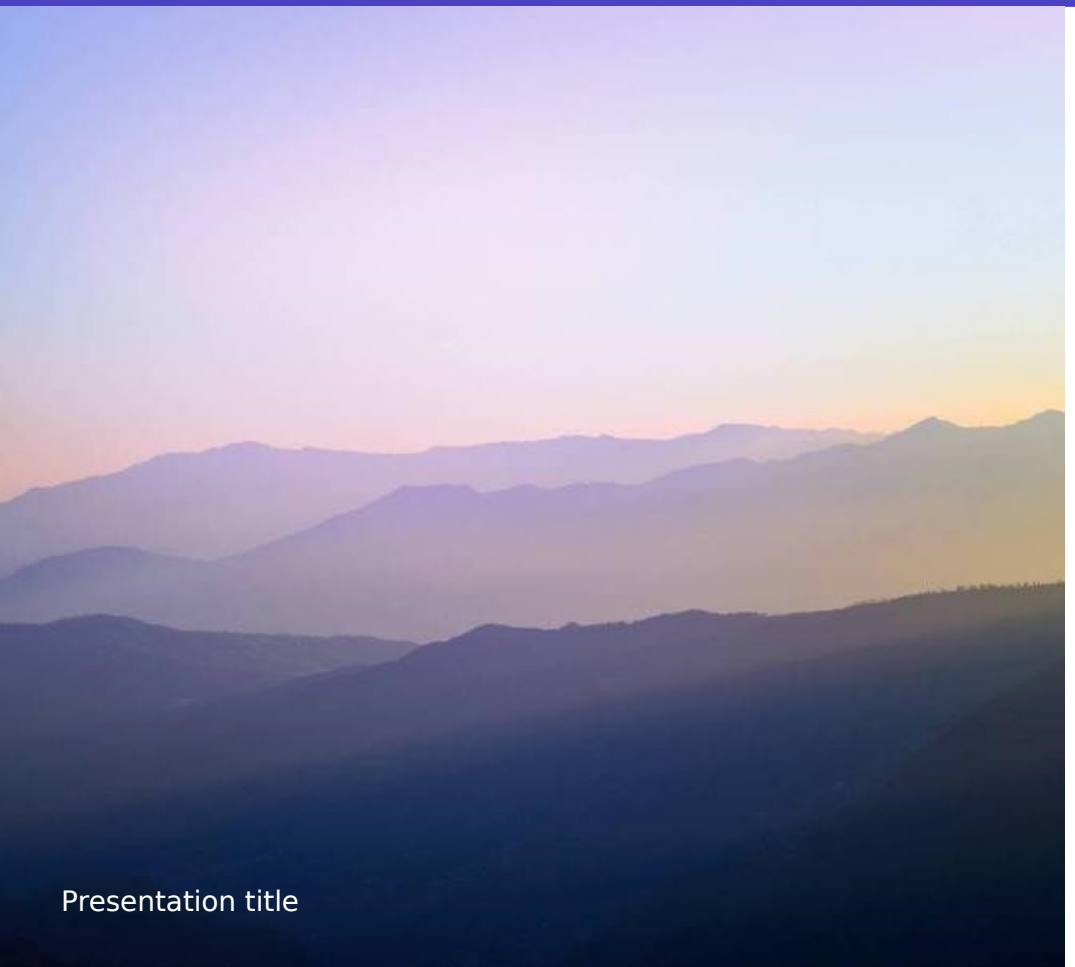
Chapter 19 Managing Relationships

Key Concepts



1. Coaches must develop positive relationships with all people who are involved directly or indirectly with the athletic environment.
2. To be successful in working with others, coaches must learn interpersonal skills.

Key Concepts



3. Four interpersonal skills can aid coaches in becoming positive influences: knowing and trusting yourself and others, communicating effectively, accepting and supporting others, and resolving conflict.

4. Parents can be a source of conflict for coaches who choose to exclude them from involvement with the team.

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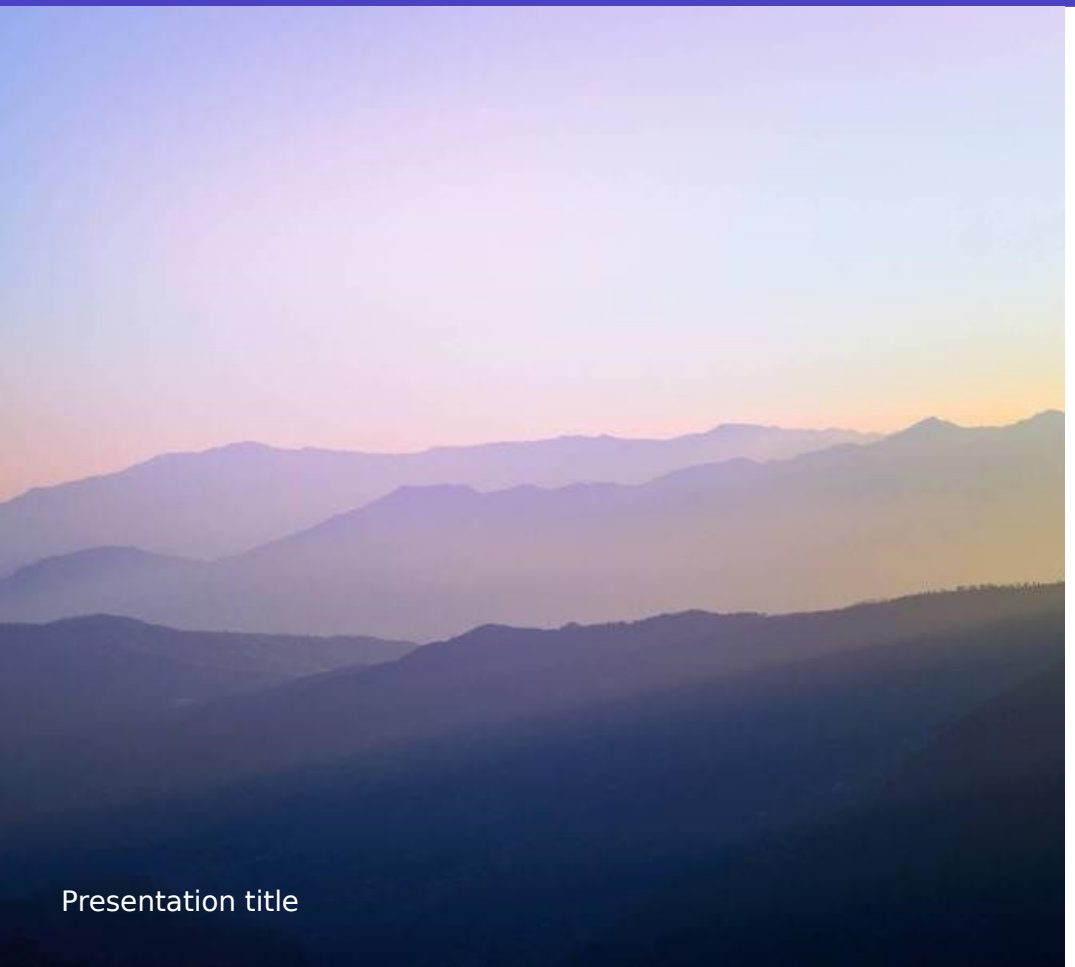

5. The coach can help parents be positively involved by providing them with guidelines for parental roles and by explaining the expectations for parent involvement.

A. Interpersonal Skills

- 1. Knowing and trusting yourself and others
- 2. Communicating effectively
- 3. Accepting and supporting others
- 4. Resolving conflict

B. Inner Circle of Coaching Relationships

- 1. Fellow coaches
- 2. Administrators
- 3. Medical personnel
- 4. Officials
- 5. Parents
- 6. Media

c. Coaches’ Anger

- 1. Responding to anger